

## **Promoting Meaning in Life and Work through Game**

Caroline Arnoux-Nicolas<sup>1</sup> and Shékina Rochat<sup>2</sup>

<sup>1</sup>Université Paris-Nanterre

<sup>2</sup>University of British Columbia

In the last decade, the field of career counseling has been increasingly concerned about helping people find meaning in their work and their lives (e.g., Arnoux-Nicolas, 2019; Bernaud et al., 2015). This endeavor is important as meaning has been associated with a wide array of positive personal and professional outcomes (e.g., Steger, 2016). However, new ways to foster meaningful paths may be found.

Recently, game has been suggested as a useful metaphor to promote a sense of meaning and resilience in career trajectory and disabling transitions (Rochat, 2019). Life and career can thus be conceptualized as games which outcomes depend more on the way we play than on the initial settings. The goal of this workshop is to present a new educational game that aims at helping individuals designing meaningful career and life paths through a thoughtful use of their personal resources in response to challenging events.

During the workshop, participants will be briefly introduced to the game's rationale and rules. The following core of the session will be dedicated to the game: participants will have the opportunity to play it, and then discuss its impact, strengths, weaknesses, and possible development. The animation will tend to foster both individual reflections and peer sharing about this experience.

Arnoux-Nicolas, C. (2019). *Donner un sens au travail : pratiques et outils pour l'entreprise*.

[Giving a meaning to work: Practices and tools designed for companies]. Paris, France: Dunod.

Bernaud, J.-L., Lhotellier, L., Sovet, L., Arnoux-Nicolas, C., & Pelayo, F. (2015).

*Psychologie de l'accompagnement : concepts et outils pour développer le sens de la vie et du travail*. [Psychology of Coaching: Concepts and tools to Develop Meaning of life and of Work]. Paris: Dunod.

Rochat, S. (2019). Le jeu : une approche porteuse de sens [Game: A meaningful approach].

Paper presented at the *International Colloquium « Travailler, s'orienter : quel(s) sens de vie? »*, Paris, France.

Steger, M. F. (2016). Creating meaning and purpose at work. In L. G. Oades, M. F. Steger, A.

Delle Fave, & J. Passmore (Eds.), *The Wiley blackwell handbook of the psychology of positivity and strengths-based approaches at work* (pp. 60-81). Hoboken, NJ: John Wiley & Sons.